



Welcome to the ninth issue of...

Where We Live

Welcome to the ninth issue of Where We Live. It's a new decade and The City of Hurst is kicking it off in a big way. What do we have planned for 2010? For starters, construction is well underway on the new Hurst Conference Center. We've picked a logo, hired an executive director and are already booking events and conferences that will bring in an array of visitors to all of our shopping and dining destinations and, hopefully, keep them coming back for more. The conference center is scheduled to open in September. Between now and then Pipeline Road will be complete (late winter) and the Texas Department of Transportation will reopen Precinct Line Road in April, making access to all of your favorite establishments along that corridor more accessible and easier to get to than ever before. Look on page 11 for the specifics on both of these road projects.

And that's not all; we're planning all of your favorite events this spring and summer too, so be on the lookout for more information on events like EGGstravaganza and Hurst Stars and Stripes. City employees will also once again spend a day this spring helping Hurst citizens in need fix up their homes at our 12th Annual Employee Giving Day. See page 14 for more information on this revitalization program.

I invite you to get involved in all of the upcoming spring events and activities and start this new decade off right. It's a great time to live in Hurst. I hope to see you soon.

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Hurst City Council

Back Row: Larry Kitchens-Council Member, Henry Wilson-Council Member, Bill McLendon-Mayor Pro Tem, Charles Swearengen-Council Member Front Row: Nancy Welton-Council Member, Richard Ward-Mayor, Anna Holzer-Council Member

Hurst Citizens Fire Academy

Have you signed up for the Hurst Citizens Fire Academy yet? Class no. 7 begins on April 5, so sign up and reserve your spot today.

The ten-week class gives citizens an opportunity to see first hand what duties and responsibilities firefighters have.

The class is taught by Hurst Firefighters and each week participants will participate in hands on activities such as rappelling, search and rescue and extrication. Participants also have the opportunity to ride out with the firefighters.

For more information or to get an application please call 817.788.7238 or visit www.ci.hurst.tx.us.

City Staff

Allan Weegar-City Manager

Allan Heindel-Deputy City Manager

Jeff Jones-Assistant City Manager

John Brown-Fire Chief

Rita Frick-City Secretary

Ron Haynes-Director of Public Works

Steve Bowden-Director of Economic Development

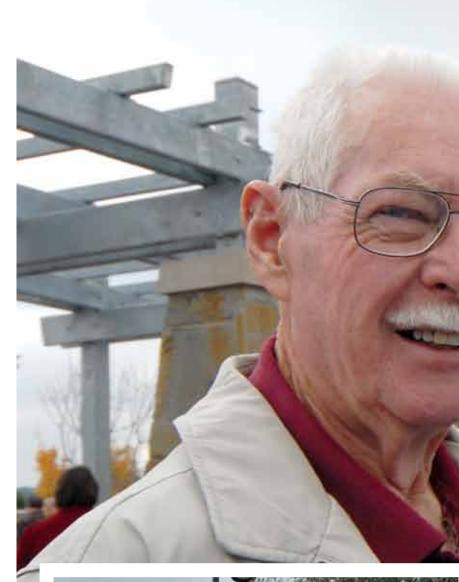
Dale Harwell-Information Services Manager

Mike Morgan-Director of Planning and Community Development

Steve Moore-Police Chief

Clay Caruthers-Director of Finance

Ashleigh Whiteman-Communications Manager







S.A.L.T.

(Seniors and Law Enforcement Together)

S.A.L.T. is a county-wide organization whose aim is to reduce the criminal victimization of older persons and enhance the delivery of available law enforcement services. It serves all seniors in Tarrant County.

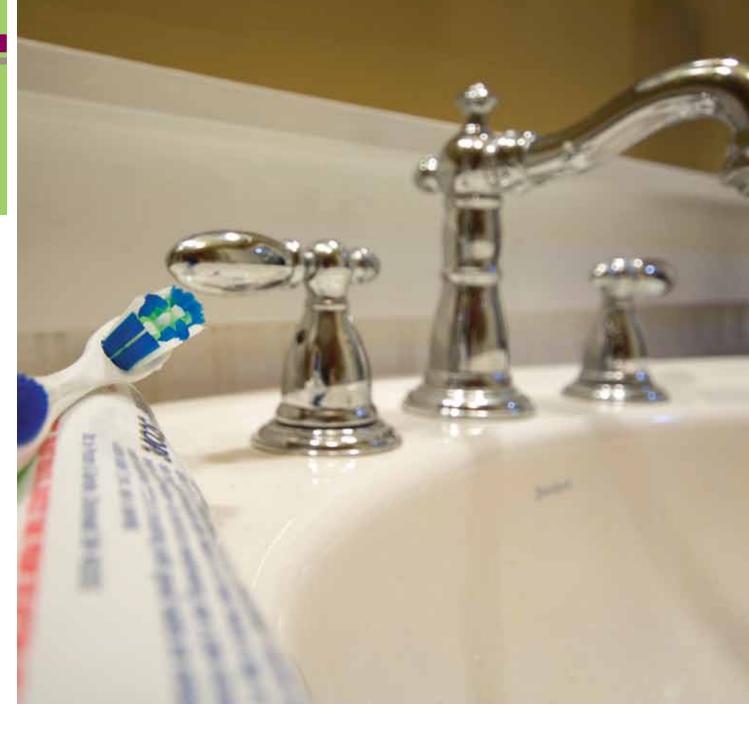
The S.A.L.T. Council was created by a joint effort between the Sheriff of the County, Municipal Police Chiefs in the County, the Attorney Generals Office for the State of Texas and A.A.R.P. Tarrant County. S.A.L.T. was started in 1996 and the Council is lead by a board of elected officers and its board of directors.

S.A.L.T. sponsors an annual conference that has drawn approximately 2,000 seniors over the past nine years. The S.A.L.T. Council, in partnership with local law enforcement agencies, explores senior issues such as crime prevention, senior health care issues and senior assistance. Through these conferences, S.A.L.T. Council can provide information that affects seniors today and in the future. The Hurst Police Department assists in hosting the annual conference and funds it through the Crime Control District.

On Friday, March 5, the 2010 conference

will be held at First United Methodist Church at 521 Pipeline Rd., Hurst. The conference is free of charge and includes lunch. Registration is required and is limited to the first 400 participants. Please call 817.392.4126 for more information, or to register for the 2010 conference.

More information is available online at http://www.ci.hurst.tx.us/Safety/Police/Communityservices/Programs/SALT.htm or visit the S.A.L.T. website at http://www.saltoftarrant.org/



Citizens on Patrol update

Citizens on Patrol (COP) is a joint program funded through the Hurst Anti-Crime Half-Cent Sales that allows the Hurst Police Department and volunteer citizens to work together to reduce crime in the City of Hurst. The COP program began in September 2009 and the volunteers have already contributed nearly 2,500 hours in just four months. And they're already helping reduce crime too. In December

an aggravated robbery was committed at a local retail establishment in which the suspect fled the scene. That evening, two COP volunteers were routinely patrolling the streets of Hurst when they heard a call go out on the radio describing the suspect. The volunteers spotted a suspect matching the description and notified Hurst Dispatch. The responding officer was able to locate the suspect who was in

turn arrested and charged with the crime. Thanks to both, the COP volunteers and the officers for working together to reduce crime in the City of Hurst.

If you are interested in attending the Hurst Police Department Citizens Police Academy or becoming a COP volunteer, please call Hurst Police Department Community Services at 817.788.7342.

Water saving tips

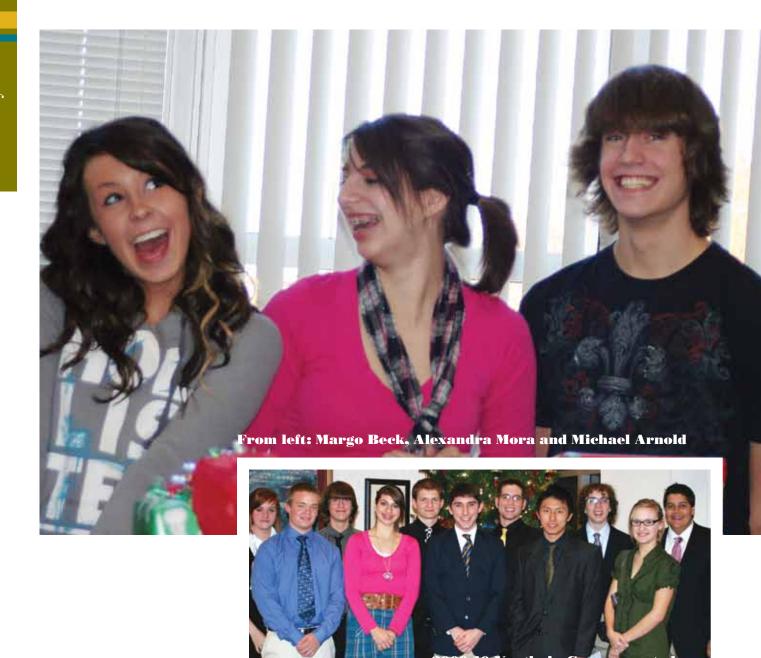
Do one thing every day that will save water. Even if the savings are small, every drop counts.

- Collect water used for rinsing produce and reuse it to water houseplants.
- Don't use running water to thaw food.
- Install water softening systems only when necessary. Save water and salt by running the minimum number of regenerations necessary to maintain water softness.
- Insulate hot water pipes so you don't have to run as much water to get hot water to the faucet.
- Soak your pots and pans instead of letting the water run while you scrape them clean.
- Keep a pitcher of water in the refrigerator for drinking.
- Listen for dripping faucets. Fixing a leak can save 500 gallons each month.
- Know where your master water shut-off valve is located. This could save gallons of water and damage to your home if a pipe were to burst.
- Use the garbage disposal sparingly. Compost instead and save gallons every time.

- Grab a wrench and fix that leaky faucet. It's simple, inexpensive and can save 140 gallons a week.
- Teach your children to turn faucets off tightly after each use.
- Use aerators on all faucets.
- Install an instant water heater on your kitchen sink so you don't have to let the water run while it heats. This will also reduce heating costs for your household.
- Run your washing machine and dishwasher only when they are full and you could save 1,000 gallons per month.
- Wash clothes only when you have a full load and save up to 600 gallons each month.
- Research new appliance purchases. Look for EPA WaterSense approved applicances which can save you money and help you conserve.
- Install low-flow or dual-flush toilets.
- Turn off the water while you shave and save more than 100 gallons a week.
- If your toilet was installed prior to 1980, place a toilet dam or bottle filled with water in your toilet tank to cut down on the amount of

- water used for each. flush. Be sure these devices do not interfere with operating parts.
- Turn off the water while you brush your teeth and save 4 gallons a minute. That's 200 gallons a week for a family of four.
- Put food coloring in your toilet tank. If it seeps into the toilet bowl, you have a leak. It's easy to fix and you can save more than 600 gallons a month.
- Turn the water off while you shampoo and condition your hair and you can save more than 50 gallons a week.
- Time your shower and keep it under 5 minutes. You'll save up to 1,000 gallons a month.
- If your shower can fill a one-gallon bucket in less than 20 seconds, replace it with a water-efficient showerhead.
- Make sure your toilet flapper doesn't stick open after flushing.

Tips provided by the North Texas Municipal Water District. Visit online at www.ntmwd.com



Youth in Government

Today's students are tomorrow's leaders and the future is looking bright for the City of Hurst. This year's Youth In Government class is a dynamic group of young Hurst residents who are currently juniors and seniors at LD. Bell, Birdville and Grapevine High Schools. Each of these students are involved in their schools and in the

community, and chose to be a part of the city's scholarship program to gain a better understanding of local government. The participants were recently introduced at a City Council meeting and helped wrap gifts for the city's adopt-a-family program. For more information on Youth In Government or for how to get involved next year call 817.788.7029.

Spring Spruce Up

It's that time of year where the trees are beginning to bud and the birds are chirping. Spring is breaking free from the winter doldrums and so should we! This is one of the best times to get motivated because your body is ready to increase your health as it wakes up with the weather. Here are three simple things that you can do to get your spring off to a great start:

- Spring Clean—start with your eating habits and keep going from there. It's time to lighten up and add color back to your diet! As spring hits the grocery stores many fruits and vegetables come back in season and allow you to eat more deliciously and healthy. Fresh is certainly in this spring so each week choose one new fruit or vegetable to try.
- 2. Spring Work—you may have noticed that your yard is calling your name. This is the perfect time of year to start increasing that outdoor physical activity and help you enjoy the spring time weather. Try adding one to five hours a week of outdoor activities like cleaning out flower beds, mowing, trimming bushes or sweeping.
- 3. Spring Fun—life can't be all work and no play so this is the perfect time of year to take up a new activity or hobby. Try adding flag football, softball, hiking, jogging, frisbee golf, horseshoes, bocce ball or other great outdoor activities to get you moving! These activities can be a great way to meet new people, enjoy time with family or push you to learn new skills.

Chipotle Chicken Taco Salad

From Cooking Light

Ingredients

DRESSING

1/3 cup chopped fresh cilantro

2/3 cup light sour cream

- 1 tablespoon minced chipotle chiles, canned in adobo sauce
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 4 teaspoons fresh lime juice
- 1/4 teaspoon salt

SALAD

- 4 cups shredded romaine lettuce
- 2 cups chopped roasted skinless, boneless chicken breasts (about 2 breasts)
- 1 cup cherry tomatoes, halved
- 1/2 cup diced peeled avocado
- 1/3 cup thinly vertically sliced red onions
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (8 3/4-ounce) can no-salt-added whole-kernel corn, rinsed and drained



Directions—To prepare dressing, combine first 7 ingredients, stirring well. To prepare salad, combine lettuce and remaining ingredients in a large bowl. Drizzle dressing over salad; toss gently to coat. Serve immediately. *Tip: Add a spoonful of adobo sauce for a spicier salad. Kidney or pinto beans also taste great in this dish.*

Yield: 4 servings.

Nutrition Facts: One serving: 2 1/2 cups, Calories: 249, Fat: 8g, Carbohydrate: 25g, Fiber: 7g, Protein: 23g



Cease the GREASE!

Please avoid pouring fats, oil, grease or food scraps into your sink or toilet. These materials are generated during food preparation and do not mix well with water. These materials can also build up and block your sewer pipe coming from your home causing sewer overflows inside your home, and can even clog the city sewer mains causing spills into our streets and streams. For information on how to dispose of used cooking oil and grease please contact 817,788,7217 or 817,788,7237.

Good Neighbor Day

Spring is just around the corner and so is the 13th Annual Good Neighbor Cleanup event. As always, the event will be held at the Bellaire Shopping Center on April 17 and 24.

The event runs from 7 a.m. until noon both days to collect your old computers, electronic devices, household hazardous waste, tree limbs, scrap metal and most any kind of trash or junk around the house in need of disposing. No tires, explosives, batteries, compressed gas or construction debris will be accepted. When arriving, please remember to enter off of Bellaire Drive.

We are very happy to offer document

shredding again this year. So protect yourself from identity theft and gather up all of those personal papers you have been meaning to have destroyed and watch them being shredded to bits right before your eyes.

For more information call 817.788.7217.





Road Construction update

It's no secret that 2009 was a year of significant road construction in the City of Hurst. We appreciate all of our citizens and visitors who have continued to frequent their favorite businesses along Precinct Line Road, Pipeline Road and others. We also appreciate our businesses who have endured the construction.

Exciting things are happening in the City of Hurst and with growth and new development, wider roads and better access are necessary. The pay-off for the last year of construction will be great for all involved. The good news is the end is near! Construction on Pipeline Road was recently completed and Precinct Line Road will wrap up in early 2010.

Here's a look at a few of things you can expect as construction draws to a close on Precinct Line Road:

- Installation of new traffic signal poles at Cannon, TCC, Harwood, and Thousand Oaks
- Minor work will continue on sidewalks, retaining walls and the remaining west side driveways with little to no impact on traffic flow
- TxDOT (Texas Department of Transportation) is estimating project completion in late March or early April 2010



On the cover...

Faces of the Hurst Conference Center

While there are many, many people who are and have been involved in the Hurst Conference Center, the three men on our cover each play(ed) critical roles in designing, constructing and opening this landmark facility for our City. And we're so excited for this center, (opening in September), that we just couldn't wait to get it on our cover, concrete, steel and all. It's going to be a facility unlike any other in the area, and we hope you're just as excited as we are to see it open and bring more visitors to shop at our stores and dine at our restaurants. Now meet the men who are making it happen.

From left to right. Anthony (Tony) Rader is the Director of Sales and Marketing for AUI Contractors, a Fort Worth based company that's been in the business and area for more than 25 years. AUI is the Construction Manager at Risk for the conference center, overseeing the center through completion. Tony has more than 30 years of experience in general contracting and is also a native of Hurst.

Before being promoted to his current position, Tony managed all of the company's commercial projects, ensuring each of their successful and timely completions. He currently oversees all marketing and sales activity for AUI and has been heavily involved in working with the City on the conference center and other projects.

Charlton Northington was recently hired as the Executive Director of the Hurst Conference Center, and brings an extensive amount of experience in managing multi-purpose facilities, including one national facility. Another Texas native, this Texas Tech University grad had the opportunity to "come home" after being hired as the ED. His most recent position was that of General Manager of the Reno-Sparks Convention Center in Reno, Nevada. He worked for the Reno-Sparks Center for more than eight years. Charlton is just the right fit to help open the Hurst Conference Center and has been busy as ever since setting foot in Hurst.

You may have noticed we have an affinity for arched roofs in the City of Hurst. That architectural symmetry is thanks in large part to Ron Hobbs. Ron is the Master Architect for the Conference Center and the man responsible for giving our center it's signature curve. And this is certainly not Ron's freshman project in Hurst. Ron was also responsible for designing several city facilities including City Hall and Fire Station No. 1. Ron is a graduate of the University of Texas and founded RON HOBBS ARCHITECTS in 1977, recently named Architectural Firm of the Year by QUION Chapter of the Associated General Contractors of America. Ron has completed more than 230 projects for 54 different cities in Texas, including conference centers, city halls, libraries, aquatics centers, museums and amphitheaters; just to name a few.















Hurst Conference Center

So what else is happening with the Hurst Conference Center besides drywall, paint, installation of a state-of-the-art sound system, brick, marble and other exquisite detailing? In two words: a lot.

Not only are interior plans being tweaked to perfection, but staff is being hired, rates are being determined and events and conferences are already being booked. It's an exciting thing for our city.

Each conference or event that is booked at the conference center equals more revenue into the city, more patrons to our businesses, more rooms booked at our hotels and ultimately even better services and quality of life for our residents.

This building encompasses both our pres-

ent and future, and we're counting down the days until the doors open for the first time. Stay tuned for more updates on this groundbreaking Hurst facility.

Have an event you'd like to book at the Hurst Conference Center? Contact Charlton Northington at 817.581.0044.



What's with the tree?

While some might think we left our Christmas decorations up too long at the Conference Center construction site, the tree atop the highest beam is actually part of a ceremonial tradition.

The "topping off ceremony," in which it's called, involves a tree being hoisted to the top level of a building when the last beam is placed during construction. The unusual gesture is a European tradition that made its way to the United States and brings good luck not only to the construction workers, but also the occupants

of the building. While the origins are debatable, most believe the topping-off ceremony actually predates steel-frame skyscrapers by about 1200 years. The earliest references date from around 700 A.D., when Scandinavians topped off construction of new halls with sheathes of grain.

Whatever the origin of the ceremony or actual significance of the tree, we think the Hurst Conference Center is going to bring a lot of great things to the city for decades to come.



Giving Day

City of Hurst employees will volunteer their time April 5 as part of the city's annual Employee Giving Day. The program, established in 1998, is a special opportunity to create an emotional and visual impact on our neighborhoods. Employee Giving Day also helps create pride in home ownership and promotes neighborhood stability. Employees help revitalize homes of Hurst senior citizens in need each year on a day that typically includes scraping, painting, planting and repairing.

The program began as part of a revitaliza-

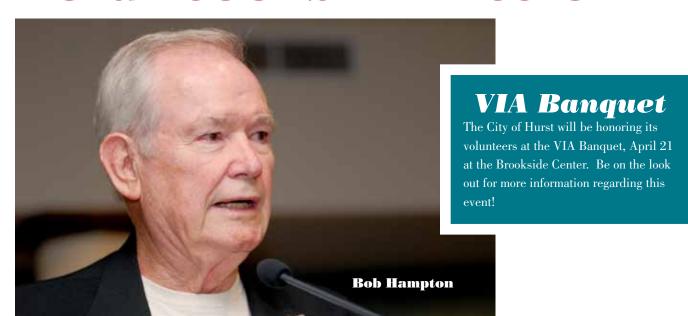
tion effort to improve city neighborhoods and assist senior citizens in making needed repairs to their homes. Area businesses donate resources needed for the event and city employees provide the labor.

Residents who are in need of assistance must submit applications and meet qualifications such as annual income levels. A city committee reviews applications and selects homes based on the level of need. For more information on how to get involved in this program contact Michelle Lazo at 817.788.7055.



Spotlight

Volunteers-In-Action



A New Volunteer Service in Hurst

All of us have received a traffic citation at one time or another. Most of us pay those citations immediately, but some times life gets in the way and we forget about those pieces of paper. In the past, the City of Hurst would contact violators to inform them that a warrant has been issued because they failed to pay their citation or attend their court date.

Now, thanks to a new volunteer service, violators are receiving a "friendly" reminder that their court date is approaching and their citation needs to be paid. Bob Hampton, a VIA volunteer in the Municipal Court, has started the initiative to remind violators of their citations. Hampton says that everyone he has spoken to is very appreciative of

the reminder and glad that the City of Hurst is reaching out to help its citizens.

So if you get a call from a volunteer named Bob in the Hurst Municipal Court, don't worry. Bob is here to help you remember those citations and keep you out of trouble.



Want to Get Involved?

The City of Hurst is always looking for new volunteers. If you are interested in joining the VIA program, please contact the Community Services Department at 817.788.7305. Volunteer applications can be picked up at the Community Services' office in the Hurst Public Library or accessed online through the City's website at www.ci.hurst.tx.us.



Catch the Reading Express!

Summer Reading Club 2010

Here's the ticket to keep on track this summer with a reading club engineered just for you! With three clubs—one for kids 6th grade and younger, one for teens in 7th through 12th grades, and one for adults of all ages—everyone has the opportunity for reading fun—and prizes, too!

Registration begins May 29 with special activities planned from 10 a.m.-1 p.m. The clubs continue through July 31 with special programs for all ages starting in June. Come to the Library to register or register online at www.hurst.lib.tx.us. Don't let the train leave without you!

Visit the Library Online

www.hurst.lib.tx.us

View the iBistro catalog • Place items on hold • View your own record • Renew materials online

Home access to over 60 databases for research • Download eAudiobooks and video

Adult Programs

Brown Bag Book Club

First Thursday of the month

Noor

Meet by the fireplace in the Library Reading Alcove for informal book discussion.

March 4

 $\it Life~as~We~Knew~It~$ by Susan Beth Pfeffer

The Glass Castle: A Memoir

by Jeanette Walls

May 6

American Born Chinese by Gene Luen Yang

Aspiring Novelists Writing Group

First and third Saturdays 11:00 AM

Are you an aspiring novelist? A support group for writers meets on the first and third Saturday mornings of each month at the Hurst Public Library in the Reading Alcove. The form and goals of the group are very flexible with the intent to create a core group of people who are writing regularly and can energize one another.

Family Programs

New DVD Release Showcase

Relax with a bag of popcorn and watch a popular movie on the big screen in the Library Program Room on the first day it's released on DVD. Check at the Library for movie titles and dates.

Celebration of Texas Cultures

Thursday, March 11 6:00-8:00 PM

Enjoy an evening of music, dance and arts and crafts from a variety of Texas cultures.

Gardening for the Good of Your Pets

Thursday, April 15 7:00 PM

From pesticide choices to plant placement, our gardening practices can have a dramatic impact on our pets' health and behavior. The Hurst Public Library is hosting a free lecture presented by Marshall Grain on how to make your garden a safer and more welcoming environment for your pet. By using organic gardening methods and taking a few basic precautions, you can help prevent accidents and injuries.

Altered Book Workshop

May 13 and May 20 6:30-8:30 PM

For teens and adults. Attend this free workshop and learn how to make your very own Altered Book.

What is an Altered Book? It is any old book that has been recycled by creative means into a work of art. Developing an Altered Book begins with an old book that is on its way to the recycling center. Altered Books can be cut, folded, or rebound for an artistic effect. Glue, paint, collage, rubber stamping, and cut/tear techniques are all used to develop an Altered Book.

Bring your own embellishments such as beads, game pieces, and photographs to be added. For examples, visit www.alteredbookartists. com, www.creativity-portal.com, or search "Altered Books" online. Also, the Library collection includes books on altered art and altered books.

Celebration of Texas Cultures

Thursday, March 11 6:00-8:00 PM

Enjoy an evening of music, dance and arts and crafts

MasterWorks at the Library

Free for all ages, the MasterWorks Music Series is an ongoing concert series funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with ARTSNET and Atmos Energy.

Noontime Performances — 12:15 PM

March 12

Darcie Deaville – Singing Fiddler
April 9

 $Whitehouse\ Harmony-{\it Bluegrass}$

May 14

Chaski – Latin American Music

Evening Performances — 7:00 PM

March 25

Rhett Butler – Classical Guitar

April 22

E-Flat Porch Band – Acoustic Porch Music

May 27

Wayanay Inka – Music of the Peruvian Andes

Kid Stuff Ongoing Activities

Story Time

Ages 3-6 years

Tuesdays and Wednesdays
10:45-11:15 AM

Toddler Time Ages 12-36 monthsMondays and Thursdays
10:00-10:30 AM

Chess Club
For elementary ages and up
Mondays
4:00-5:00 PM

Youth Programming

Chapter Chats

For all ages

2nd Tuesdays, 7:00 PM

Do you enjoy talking about books? Here's your chance. Share your views with other kids who have read what you have! Interested parents are welcome, too.

March 9

Peak by Roland Smith

April 13

A Long Way from Chicago by Richard Peck

May 11

Small Steps by Peg Kehret

Puppet People

For 4th-8th graders

Wednesday, March 17

Wednesday, April 21

Wednesday, May 19

4:00-5:00 PM

Calling Puppet People—old and new! Would you like to try your hand—or two—at puppetry? Now's your chance! We'll be working on shows for kids this summer. Call 817.788.7302 to register.

Spring Tea Party

For ages 4-11

Saturday, May 15

3:00-4:00 PM

You are cordially invited to attend the Hurst Library's Annual Spring Tea Party. Enjoy stories, refreshments, and more. Reservations are required and will be taken at the Youth Services Desk starting Monday, April 26. Call 817.788.7302 to reserve your seat.

Totally Teen

Anime Club

For 7th-12th graders

Thursday, March 4

Don't miss, you will be GREEN with envy!

Thursday, April 1

No fooling, anime is cool!

Thursday, May 6

Old school anime!

6:00-8:00 PM

If you enjoy anime—watching it and talking about it—this is the place for you! Add snacks and other teens that love anime, too, just for fun!

Teen Pulse Network

For 7th-12th graders

Thursday, April 8

Game Night

Thursday, May 13

Altered Book Night

6:30-8:00 PM

Sometimes it's games, sometimes it's crafts. Either way it's fun! Bring a friend and see what the Library has for teens! Snacks provided.

Student Volunteer Opportunities

Applications available April 1

Do you need volunteer hours this summer?
Have you considered volunteering at the library?
We need lots of help
with the Summer Reading Club.

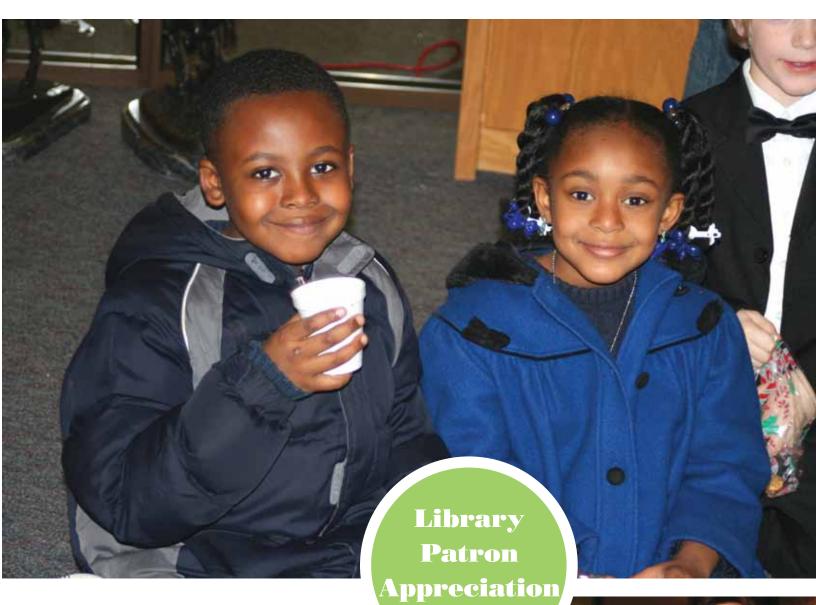


Hours:

Monday, Wednesday, Friday and Saturday, 10:00 AM-6:00 PM Tuesday and Thursday, 10:00 AM-9:00 PM Or online any time at www.hurst.lib.tx.us

Hurst Public Library

The place to go when you need to know!



Library expansion

After months of hard work on the exterior and interior design plans, the Library Expansion Project should break ground this spring. The expansion will consist of a large programming space that can accommodate 300 people and various types of performances, a smaller activity space for more intimate children and adult programs, a Friend's café/bookstore, a dedicated Young Adult area, an expanded outdoor book drop, a family restroom, a Community Gallery and Exhibit space, increased parking and an additional street entrance from Pipeline Road. Along with the expansion, renovations will be made to the existing public restrooms, the Circulation Desk and administrative offices.

The Library Expansion Project is scheduled to be complete by Feb. 11.



Hurst Senior Citizens Activities Center

The Hurst Senior Citizens Activities Center officially opened Nov. 9 to a well attended open house and things haven't slowed down since. Although the programming is still evolving, we opened the doors with several programs, classes and special events on the schedule. Many new members have already signed up for fitness orientations and have taken full advantage of the state of the art fitness room.

We held pre-registration in October and opened the doors with about 500 members. We quickly doubled that number shortly thereafter and as 2009 drew to a close, the HSAC had more than 1,500 members.

We celebrated Veteran's Day just two days after opening, and held a program to recognize all of those who have served or are currently serving in the different branches of the armed forces. More than 75 people attended the celebration, including a number of veterans who served and fought in various wars and two outstanding veterans who earned Purple Hearts.

We also provided a Thanksgiving dessert buffet to many of our members. Everyone had the opportunity to tell us what they were thankful for and we charged an "admission" of two canned goods to benefit local food banks. Thanks to our generous seniors, we collected over 150 items!

December and January were also busy months at the HSAC. December included a visit from Santa and our first Christmas party where we collected toys to donate to needy families. On New Year's Eve we held our first dance which included a live band and black-eyed peas and cornbread for everyone to help celebrate the New Year. (Future dances will be held on the 2nd and 4th Thursday nights of the month.)

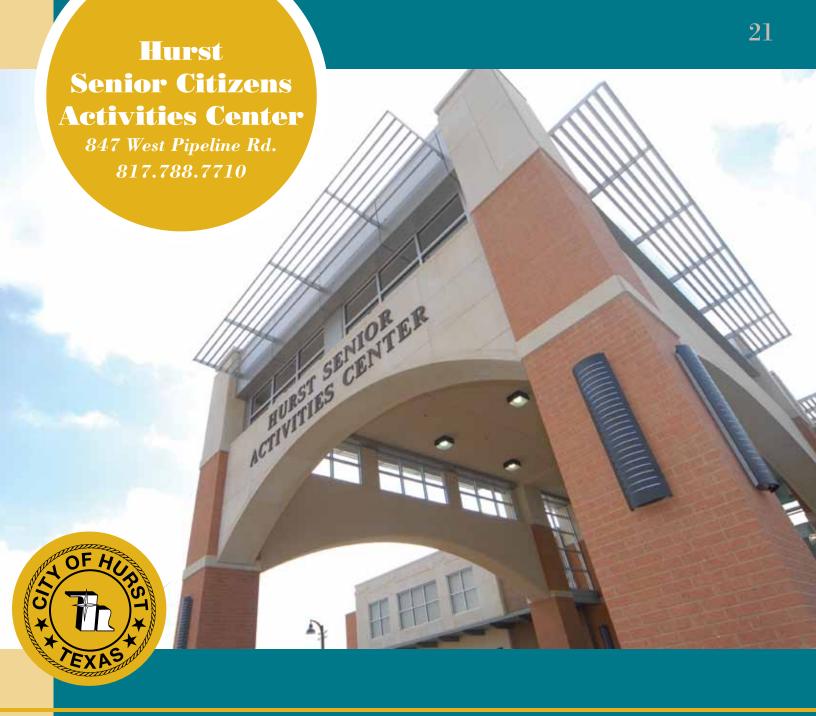
We could not have done as much as we

have without the help of our senior volunteers! Many were with us on opening day and throughout the first few eventful months. We had many volunteers who helped with member registration, tours, decorating for special events, serving refreshments, organizing supplies, folding newsletters, making copies and so much more. We really appreciate all of the assistance!

We would also like to thank all of the city employees who helped us get ready to open (including those from the Recreation Center, Library, Information Services, and Facility Services) and anyone else who helped us along the way! It was so great to have the support and expertise of the various departments working with us to open the new Senior Center.

We are so excited to be open and operational and hope that everyone is enjoying their new Senior Center. We've had a lot of fun so far, and there is much more to come!





The new Hurst Senior Citizens Activities Center is open to Seniors only, ages 55 and over.

Open 5 days a week Monday-Wednesday, 8 a.m.-5 p.m. Thursday, 8 a.m.-9 p.m. Friday, 8 a.m.-5 p.m. Sign up for your membership today!

City of Hurst Senior City

Membership information

Membership is required in order to attend and participate in the Senior Center. (Occasionally, we will offer special programs that are open to the general public.)

Membership begins the day you register and pay, and ends one year
from that date. For example, if you register and pay for your membership on February 1, your membership will expire on January 31 of the
following year.



\$20 per year (\$1.67/mo.) Non-residents

\$80 per year (\$6.67/mo.)

Fees are per membership year and include many free classes, programs and activities at the Senior Center as well as membership in our state-of-the-art Fitness Room.

Some classes, programs, and activities may require additional fees to cover the cost of supplies, refreshments, and/or instructor fees.



How it works

- Registration for classes, activities, and special events begins at 9

 a.m. on the first business day of each month and continues throughout the month until the classes are full.
- Many classes, activities, and special events require pre-registration (and sometimes a small fee) so that we can provide enough space, instruction, supplies, refreshments, etc.
- We offer many "Open" activities, including Open Games, Open Billiards, and Open Fitness. These activities are called "Open" because they do not require pre-registration, admission, etc. Seniors just show up and have fun!

Please stop by!

We'd love to give you a tour and sign you up!

tizens Activities Center

Gift Cards for Memberships

The Senior Center offers Gift Cards for purchase to be used towards annual memberships. The senior recipient must be at least 55 and must meet the other qualifications for membership. Gift Cards are a great gift idea for birthdays, holidays, or "just because". They are available in amounts of \$20 or \$80 and are non-refundable, but they do not expire. Gift cards are only good towards membership fees (\$20 or \$80) and not for class or program fees or admission to special events.



Senior Pipeline

The Senior Pipeline is the monthly newsletter and calendar for the Senior Center, and a place where you can find all of the latest events, classes and programs.

Stop by to pick up the latest copy today!





Now that you have completed all of your spring cleaning and are ready to start working out, or continue your workouts, you can "Spring into Fitness" at the Hurst Recreation Center. Come check out all our of our fitness opportunities. The Hurst Recreation Center has a state-of-the-art Fitness Center.

If walking is your favorite fitness activity, you can walk on our indoor Jogging/Walking Track to put the spring back in your step! Our Cardio Room has treadmills, elliptical crosstrainers, bikes, stairclimbers, rowing machines, and seated crosstrainers. Many of our treadmills and elliptical crosstrainers now have 15" LCD screens, which enable you to watch television or use your iPod while working out.

There is also an extensive selection of pin-selectorized and plate-loaded strength equipment, as well as dumbbells and flexibility equipment to round-out your total fitness program. There are also numerous fitness classes (aerobics, spinning, bootcamp, etc.) that will get you into shape.

Do you have a group of friends that enjoys playing basketball? Get a team together and play in the Hurst Recreation Division's Adult Basketball League. While you are at the Recreation Center, you can also enjoy a variety of recreational activities. You can shoot some hoops, enjoy some volleyball with your friends, play racquetball, walleyball or table tennis. Equipment used to participate in these activities is available for check out, with your "Quality of Life" Rec Card, at the front desk of the Recreation Center.

If you need a little extra motivation to reach your fitness goals, the Hurst Recreation Center has personal trainers who are available to custom-design a fitness plan that will meet your needs. For more information, contact the front desk at the Recreation Center 817.788.7325.

Our Commitment to Quality:

Your satisfaction is our goal. . .we strive to provide you with quality recreation programs and we take pride in making your recreation experience an enjoyable one. Join us this season for recreational, educational, and life-long learning opportunities.

If you are not completely satisfied with your recreational experience, please call us at 817.788.7325 to share your concerns and suggestions for improvement. Thank you for choosing Hurst Parks and Recreation.

Special Events:



EGGstravaganza

Saturday, March 27 Hurst Community Park 601 Precinct Line Road

Activities begin at 1:00 PM and the Egg Hunt starts at 2:00 PM. FREE Activities include: Crafts, Hurst Clown Arounds, games, photos with Mr. Bunny and refreshments. No pets please. For more information, call 817.788.7320.





Concert in the Park with the Northeast Orchestra

Friday, April 23 (rain date Sept. 17) Chisholm Park 2200 Norwood

7:00-8:00 PM Bring the whole family, blankets, lawn chairs and a picnic dinner to enjoy the sounds of the Northeast Orchestra! For more information, call 817.788.7320.

recreation

Recreation Division Programs

Healthy Hurst:

Healthy Hurst Program Information

Healthy Hurst is the City of Hurst's community-wide wellness initiative. With the use of the information and links that are available on the City of Hurst's Healthy Hurst webpage, participants can increase their health, wellness, and fitness.

Healthy Hurst is a FREE program, and all participants receive a Healthy Hurst tshirt at the time of registration. Participants are also encouraged to register for the various FREE events that will be offered throughout the year as part of the Healthy Hurst Program.

The Healthy Hurst program is open to all Hurst residents, as well as non-residents who have purchased a Hurst Recreation Center Annual Pass. Incentive awards are also available to all participants as they track and log their fitness activities!

Healthy Hurst has a myriad of tips and information on nutrition, fitness, wellness, and health. Give it a try today! Let Healthy Hurst help you get started toward your wellness, health, and fitness goals! For more information on the Healthy Hurst program, contact the Hurst Recreation Center at 817-788-7325.

Recreation Center Fees: (as of Jan. 1, 2010)

	Hurst Residents	Non-Hurst Residents
Daily Pass	\$2.00	\$10.00
Annual Pass Youth (6 – 15 years)	\$20.00 per year	\$80.00 per year
Annual Pass Adult (16 – 64 years)	\$50.00 per year	\$200.00 per year
Annual Pass Senior (65+ years)	\$20.00 per year	\$80.00 per year
Annual Family Pass	\$125.00 per year	N/A
Replacement Card Fee	\$5.00	\$5.00

shirt at the time of registration. Partici-

See
Page
38 for
registration
information

Recreation Center Information:

700 Mary Drive :: 817.788.7325

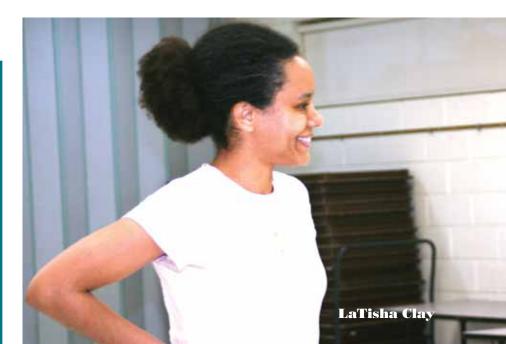
Hours of Operation:

 Monday-Thursday
 6:30 AM - 10:00 PM

 Friday
 6:30 AM - 6:00 PM

 Saturday
 9:00 AM - 6:00 PM

 Sunday
 1:00 PM - 6:00 PM



fax 817.282.708

ission Statement

The Hurst Recreation Division is dedicated to improving the quality of life for citizens of all ages by providing a variety of recreational activities, special events, facilities, and services that encourage life-long learning, fitness and fun.

Pre-School Programs

Van Gogh's Two's (18 months to 2 years)

Your 2-year old could be the next Van Gogh! Come find out as they express themselves through fun art projects. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12020-A	М	4:30-5:00 PM	8WKS	3/22	\$22
12020-B	W	9:30-10:00 AM	8WKS	3/24	\$22

Mozart's Two's (18 months to 2 years)

Can you imagine the beautiful music your 2-year old and their new friends will create with musical instruments? They will play musical instruments and games. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12000-A	М	5:00-5:30 PM	8WKS	3/22	\$22
12000-В	W	10:00-10:30 AM	8WKS	3/24	\$22

Independent Two's (2 to 3 years)

This class is for children who are ready to go to class without their mommies. They will create new projects each week using paint and glue and will have tons of fun! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12080-A	W	9:00-9:30 AM	8WKS	3/24	\$22
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Lunch A Bunch! (3 to 5 years)

Calling all pre-schoolers to the kitchen! Come learn how to create a healthy lunch. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

1217	D-A	T	10:30-11:15 AM	8WKS	3/23	\$24
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Creative Time For Tots (3 to 4 years)

This class is designed to teach your pre-schooler important social skills through interaction with others. Your child will prepare for Pre-K through an introduction to letters, numbers and colors. In a structured, yet fun, environment, your child will learn through crafts, music, stories and creative play. (Supply fee \$10)

Instructor: Barbara Johnson (Certified School Teacher)

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12040-A	MW	8:45-10:30 AM	8WKS	3/22	\$56
12040-B	TTH	8:45-10:30 AM	8WKS	3/23	\$56

Pre-K Kids (4 to 5 years)

This class is designed to prepare your child for Kindergarten. Through crafts, stories, music and play time, they will learn the alphabet, numbers and colors in a structured, yet fun, environment. Your child will develop improved social skills through their interaction with other students. Be sure to bring a sack lunch. (Supply fee \$10)

Instructor: Barbara Johnson (Certified School Teacher)

12050-A	MW	11:00-2:30 PM	8WKS	3/22	\$98
12050-B	TTH	11:00-2:30 PM	8WKS	3/23	\$98

Yes, I Can Draw (3 to 5 years)

Yes, you can draw! This class is designed to teach your youngster the first form of communication, art. They will have a chance to let their creativity flow. (Supply List)

Instructor: Mary Cassidy (Certified School Teacher)

12010-A T	9:00-9:30 AM	8WKS	3/23	\$22
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Phonics Fun - Step 1 (3 to 5 years)

Come one, come all to the big sounds of letters. You will learn pre-reading skills through games and activities that teach phonics. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12030-A	М	9:00-9:45 AM	8WKS	3/22	\$24
12030-B	TH	9:00-9:45 AM	8WKS	3/25	\$24

Phonics Fun - Step 2 (3 to 5 years)

Ready for more phonics? Come take the next step of Phonics Fun and learn some more! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12035-A	М	10:30-11:15 AM	8WKS	3/22	\$20
12035-B	TH	10:30-11:15 AM	8WKS	3/25	\$20

Hands-on Math (3 to 5 years)

Let's learn numbers the fun way! We will learn to add, subtract, and count. We will also use musical instruments to help us have fun while learning. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12205-A	М	9:45-10:30 AM	8WKS	3/22	\$24
12205-B	TH	9:45-10:30 AM	8WKS	3/25	\$24

Crafty Motor Skills (3-5 years)

Let's have fun developing our fine motor skills through fun craft projects! By completing the crafts using scissors, pens, and pencils, you will help develop the fine motor skills required to complete these tasks. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12120-A	Т	9:30-10:20 AM	8WKS	3/23	\$26
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Move It... Move It... (3-5 years)

Come learn to have fun while moving our bodies. "Drill Sergeant Mary" will lead the way through relays and games. We will also work on waiting in lines, following directions, and our manners. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12100-A	T	11:30-Noon	8WKS	3/23	\$22

NEW CLASS! Tiny Judo Judokas (4-5 years)

Are you ready to step on the mat, but not old enough for the big kids' class yet? We'll work on some of the basics to get you ready to play with the big kids once you turn six! Of course, we will have a ton of fun at the same time. This is an on-going program with students graduating into the OLYMPIC SPORT OF JUDO class when they turn six.

Instructor: Kim Mesa (5th degree black belt and certified USA Judo International Coach)

12900-A M	5:30-6:00 PM	8WKS	3/22	\$24
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NEW CLASS! Tae Kwon Do for Tots

(4-5 years)

This class will teach the basic physical skills needed for martial arts: strength, flexibility, coordination, and balance. At the same time, you will learn martial arts fundamentals and age-appropriate techniques.

Instructor: Paul Kearney (3rd degree black belt in Tae Kwon Do, 1st degree black belt in Judo and Aikijujutsu, and a blue belt in Brazilian Jiujitsu)

123	00-A	TH	5:30-6:00 PM	8WKS	3/25	\$24
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NEW CLASS! Little Tyke Basketball

Calling all NBA hopefuls!! Let's get you on the court and learning the basics from an expert in the field. (Athletic shoes required)

Instructors: David Gonzales and Loraine Gonzales (2008 Para Olympian and gold medal winner)

12140-A	Т	9:00-9:45 AM	8WKS	3/23	\$24
12140-B	TH	9:00-9:45 AM	8WKS	3/25	\$24

NEW CLASS! Adaptive Little Tyke Basketball

(3-6 years)

Do you want to learn basketball, but need a little extra help? Come and learn the basics from experts who understand what it takes to overcome and succeed on the court. (Athletic shoes required)

Instructors: David Gonzales and Loraine Gonzales (2008 Para Olympian and gold medal winner)

	12150-A	W	1:00-2:00 PM	8WKS	3/24	\$24
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Preschool **Programs:**

Just a couple of reminders...

With your child's best interest in mind, we ask that parents not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is affected by parental distractions and interruptions.

In order to provide the best learning environment, children 3-5 years must be toilet trained.

Tap For Tots (3-5 years)

In this class your tot will become familiar with many of the single sound tap moves. We will also work on counting, tempo, distinguishing our right from our left, and other foundational dance concepts. (Tap shoes required.)

Instructor: LaTisha Clay

12065-A	TH	12:15-12:45 PM	8WKS	3/25	\$22

Ballet For Tots (3-5 years)

In this class your tot will become familiar with basic barre and center work. We will also work on counting, tempo, distinguishing our right from our left, and other foundational dance concepts. (Ballet shoes required.)

Instructor: LaTisha Clay

12180-A TH 11:45-12:15 PM 8WKS 3/25 \$22
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Tiny Dancer I (3-4 years)

Here's a class that will introduce your tiny dancer to the basics of ballet and tap. We will also work on counting, tempo, distinguishing our right from our left, and other foundational dance concepts. (Ballet and Tap shoes required.)

Instructor: LaTisha Clay

12060-A	Т	11:45-12:30 PM	8WKS	3/23	\$24
12060-B	W	10:30-11:15 AM	8WKS	3/24	\$24

Tiny Dancer II (4-5 years)

Your tiny dancer will learn more advanced ballet and tap moves while building on the skills introduced in Level I. (Ballet and Tap shoes required.)

Instructor: LaTisha Clay

12070-A	W	11:15-Noon	8WKS	3/24	\$24
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Youth Programs

Young Artist - Painters (6-12 years)

Are you a young painter who needs inspiration? Join us to explore the basics of color and painting while practicing on some creative projects. (Supply Fee \$15)

Instructor: Kelly Watkins

22222-A	S	9:05-9:55 AM	8WKS	3/27	\$24
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Young Artists 3-D (6-12 years)

Do you enjoy creating with paper and clay? We will learn the basics of sculpture through clay projects, 3-D paper crafting, and foam. (Supply Fee \$15)

Instructor: Kelly Watkins

22666-A	S	10:00-10:50 AM	8WKS	3/27	\$24

Young Artists Explore Texture (6-12 years)

Join us to explore the basics of texture to help stimulate creativity. Our activities will include: sunflowers, treasure maps, paper waving, and repousse. (Supply Fee \$15)

Instructor: Kelly Watkins

22444-A	S	11:00-11:50 AM	8WKS	3/27	\$24

Yes, I Can Draw (6-12 years)

Yes, you can draw! You will develop your fine motor skills by putting your creativity to work through drawing. (Supply list)

Instructor: Mary Cassidy (Certified School Teacher)

22170-A	Т	5:00-5:50 PM	8WKS	3/23	\$24

Water Coloring (6-11 years)

Calling all kids! Come explore your creative side by creating your very own watercolors. You will learn about color combinations and different applications. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

22090-A	М	5:30-6:20 PM	8WKS	3/22	\$24
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3-in-1 Dance Combo Class (5-10 years)

In this class you will learn the basics of ballet, tap, and jazz. We will also work on technique, phrasing, timing, and other foundational dance concepts. (Ballet, Tap and Jazz shoes required)

Instructor: LaTisha Clay

22300-A W 4:00-5:15 PM 8WKS 3/24 \$28	22300-A W	4:00-5:15 P/	A 8WKS	3/24	\$28
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3-in-1 Dance Combo Class II (7-12 years)

In this class you will learn more advanced ballet, tap, and jazz moves while building on the skills introduced in Level I.

(Ballet, Tap, and Jazz shoes required)
Instructor: LaTisha Clay

22333-A	TH	5:00-6:15 PM	8WKS	3/25	\$28

Hip Hop Dance (5-10 years)

In this class you will learn the basics of hip hop dancing. We will also work on technique, phrasing, timing, and other foundational dance concepts. (Sneakers required)

Instructor: LaTisha Clay

	22070-A	W	5:15-6:00 PM	8WKS	3/24	\$24
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Hip Hop Dance II (7-12 years)

In this class you will learn more advanced hip hop moves while building on the skills introduced in Level I. (Sneakers required)

Instructor: LaTisha Clay

22075-A M	4:00-4:45 PM	8WKS	3/22	\$24
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NEW CLASS! Homeschool Basketball (5-14 years)

Calling all NBA hopefuls!! Let's get you on the court and learning the basics from an expert in the field. (Athletic shoes required)

Instructors: David Gonzales and Loraine Gonzales (2008 Para Olympian and gold medal winner)

22130-A	М	1:00-2:00 PM	8WKS	3/22	\$24
22130-В	М	2:30-3:30 PM	8WKS	3/22	\$24
22130-C	W	10:30-11:30 AM	8WKS	3/24	\$24

Homeschool Dance (5-14 years)

In this educational class you will learn the basics of several styles of dance. Not only will we work on foundational dance concepts, but we will also learn the history behind each style we learn. We will explore ballet, tap, jazz, and more. (Ballet, Tap and Jazz shoes required)

Instructor: LaTisha Clay

(5-10 years)

22080-A	М	1:00-2:15 PM	8WKS	3/22	\$28
(10-14 years)					
22080-В	М	2:15-3:30 PM	8WKS	3/22	\$28

Homeschool Art (5-12 years)

Art is all around us. You will learn about different kinds of art, including painting, drawing, and sculpting. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

	22040-A	W	11:30-12:20 PM	8WKS	3/24	\$24	
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Homeschool Lunch-A-Bunch (5-12 years)

Calling all home-schoolers to the kitchen for some fun! Come learn how to create a healthy lunch. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

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Guitar I (9-17 years)

Sing-a-long as you learn basic chords and chord progressions in this beginner class. Students must provide their own guitar (nylon strings preferred.)

Instructor: Ray Wallace

	22020-A	TH	6:00-7:00 PM	8WKS	3/25	\$30
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Wanting to learn more about playing your guitar? In this class, you will learn music theory, sight reading, and even learn your first solo piece.

Instructor: Ray Wallace

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22025-A	Т	6:00-7:00 PM	8WKS	3/23	\$30		

Guitar III (All Ages)

Guitar III will help you further the skills you have already learned. You will learn more advanced skills and additional solo pieces of your choice. (The class will be presented in a workshop format.)

Instructor: Ray Wallace

22023-A	Т	7:15-8:15 PM	8WKS	3/23	\$30

Kids' Workout (6-15 years)

Let's improve our fitness level and have fun doing it! This class is all-inclusive functional fitness with focus on the 10 points of fitness. (Gym shoes required.)

Instructor: William Reed (Certified Personal Trainer)

(6-10 years)

22555-A	πн	4:00-4:25 PM	8WKS	3/23	\$22				
(11-15 years)									
22555-B	πн	4:30-4:55 PM	8WKS	3/23	\$22				

NEW CLASS! Adaptive Basketball (7+ years)

Are you wanting to learn basketball, but need a little extra help? Come and learn the basics from experts who understand what it takes to overcome and succeed on the court. (Athletic shoes required)

Instructors: David Gonzales and Loraine Gonzales (2008 Para Olympian and gold medal winner)



Basketball Basics (6-12 years)

Is the NBA in your future? Come get the ball bouncing and learn the basics to get started. (Gym shoes required)

Instructor: Stacie Castillo

22030-A	W	6:30-7:00 PM	8WKS	3/24	\$22

NEW CLASS! Basketball Shooting & Drills

(Middle and High School)

Do you need some help with your shooting or some extra conditioning? We will work on improving your shooting and will do drills to increase your stamina on the court. (Athletic shoes required)

Instructors: David Gonzales and Loraine Gonzales (2008 Para Olympian and gold medal winner)

22400 4	TLI	4.00 7.00 Dk4	OVA/IVC	2/25	401
2200U-A	IΠ	6:00-7:00 PM	OVVNO	3/23	ΦΖ4

Girls Volleyball Beginners Basics

(7-12 years)

Do you have an interest in playing volleyball? We will learn the basics to get you started. (Tennis shoes required.)

Instructor: Stacie Castillo

22035-A W	6:00-6:30 PM	8WKS	3/24	\$22
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NEW CLASS! Tae Kwon Do and Jujutsu

for Kids (6-12 years)

This class will teach basic and advanced Tae Kwon Do techniques as well as self defense techniques of escapes, take downs and disabling from jujutsu.

Instructor: Paul Kearney (3rd degree black belt in Tae Kwon Do, 1st degree black belt in Judo and Aikijujutsu, and a blue belt in Brazilian Jiujitsu)

March:

22200-A	TH	6:00-7:00 PM	4WKS	3/4	\$40				
April:									
22200-B	TH	6:00-7:00 PM	4WKS	4/1	\$40				
May:									
22200-C	TH	6:00-7:00 PM	4WKS	5/6	\$40				

Karate/Self-Defense (5-15 years)

Several forms of martial arts have been blended into a practical system of self-defense designed to combat various situations. You will learn how to handle situations both physically and mentally. Fees for belt testing and uniforms are paid to the instructor.

Instructor: Bob Klavitter

(Beginner 8-15 years)

(Begunier 0-15 years)							
22111-A	М	6:00-8:00 PM	8WKS	3/22	\$34		
(Beginner 5-7 years)							
22111-B	M/W	4:00-5:00 PM	8WKS	3/22	\$34		
(Advanced 8-15 years)							
22111-C	M/W	5:00-6:00 PM	8WKS	3/22	\$34		

ITF – Tae Kwon Do (5 and up)

ITF-Tae Kwon Do is the only original and traditional Korean Tae Kwon Do in D/FW. You will increase your flexibility, physical fitness, self defense, self control, discipline and stress relief while building self-esteem and concentration.

Instructor: Jonathan Nguyen (member of ITF-Unified and Grandmaster Van Binh)

White belts - (5 and up)

22700-A	S	3:00-4:00 PM	8WKS	3/27	\$56			
Colored belts - (5 and up)								
22700-В	S	4:00-5:00 PM	8WKS	3/27	\$56			

Olympic Sport of Judo (6-12 years)

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a nine-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an ongoing monthly class.

Instructor: Kim Mesa (5th degree black belt)

March:

April:					
	S	9:05-10:05 AM			
21900-C	М	6:00-7:00 PM	4WKS	3/1	\$32

22900-A		6:00-7:00 PM	 4/5	\$ 3∠
	5	9:05-10:05 AM		

May:

22900-B	М	6:00-7:00 PM	4WKS	5/3	\$32
	S	9:05-10:05 AM			

Spring Break Soccer Camp (5-11 years)

Let's pull out those soccer shoes and get out and enjoy the great weather during your Spring Break! We will work on basics to improve and sharpen your skills. The class will meet at the Central Park pavilion next to the playground.

Instructor: Luke Grimsley

 $(5-7\ years)$

22999-A	M-F	8:30-9:30 AM	1WK	3/15-19	\$40
(8-11 years)					
22999-В	M-F	9:45-11:15 AM	1WK	3/15-19	\$50

recreation

Gymnastics Programs

Parent/Tot Tumbling (16-36 months)

A fun class for you and your child to build a growing relationship through the learning of basic motor skills, tumbling, and coordination. One child per parent.

Instructor: Tammy Slovensky

32040-A	М	9:30-10:00 AM	8WKS	3/29	\$22
32040-B	T	9:30-10:00 AM	8WKS	3/23	\$22
32040-C	T	5:30-6:00 PM	8WKS	3/23	\$22
32040-D	W	9:30-10:00 AM	8WKS	3/24	\$22
32040-E	TH	9:30-10:00 AM	8WKS	3/25	\$22

Tiny Tykes (2.5-3.5 years)

Here's a class that introduces your child to the basic motor skills for tumbling and acquaints tots with the gymnastics equipment.

Instructor: Tammy Slovensky

211011111111111111111111111111111111111					
32030-A	М	10:00-10:30 AM	8WKS	3/29	\$22
32030-B	М	11:30Noon	8WKS	3/29	\$22
32030-C	T	10:00-10:30 AM	8WKS	3/23	\$22
32030-D	Т	5:00-5:30 PM	8WKS	3/23	\$22
32030-E	W	10:00-10:30 AM	8WKS	3/24	\$22
32030-F	TH	10:00-10:30 AM	8WKS	3/25	\$22

Tumbling Tots I (3-4 years)

Your tot will strengthen motor skills and enhance his/her coordination while learning tumbling skills and the use of all gymnastics equipment.

Instructor: Tammy Slovensky

32011-A	М	10:30-11:00 AM	8WKS	3/29	\$22			
32011-B	Т	10:30-11:00 AM	8WKS	3/23	\$22			
32011-C	W	10:30-11:00 AM	8WKS	3/24	\$22			
32011-D	W	11:30Noon	8WKS	3/24	\$22			
32011-E	TH	10:30-11:00 AM	8WKS	3/25	\$22			
Instructor: Mir	Instructor: Miranda Slovensky							

8WKS

3/23

\$22

Tumbling Tots II (4-5 years)

Your tumbler will learn more advanced movements while mastering the skills introduced in Level I.

5:00-5:30 PM

Instructor: Tammy Slovensky

32011-F

32022-A	М	11:00-11:30 AM	8WKS	3/29	\$22		
32022-B	Т	11:00-11:30 AM	8WKS	3/23	\$22		
32022-C	W	11:00-11:30 AM	8WKS	3/24	\$22		
32022-D	TH	11:00-11:30 AM	8WKS	3/25	\$22		
Instructor: Miranda Slovensky							
32022-F	T	5:30-6:00 PM	8WKS	3/23	\$22		

Beginner Gymnastics (6-11 years)

You will learn body control while performing the basic fundamentals of gymnastics and dance on the floor, beam, bars and vault.

Instructor: Tana Eden

32051-A	М	6:30-7:30 PM	8WKS	3/22	\$26
32051-B	Т	6:30-7:30 PM	8WKS	3/23	\$26
32051-C	Т	7:30-8:30 PM	8WKS	3/23	\$26
32051-D	W	6:00-7:00 PM	8WKS	3/24	\$26

Adult Programs

Personal Training

Do you need motivation to reach your fitness goals? Through personal training, you can reach your cardiovascular and strength training goals with a program tailored for you. A one hour session is \$41 or a series of five is \$172. Sessions are set by appointment.

Instructor: Bilal Konte (BS Kinesiology/Fitness Management) and William Reed (Certified Personal Trainer)

Fitness Evaluations

Are you getting started on your fitness program and do not know where to begin? A fitness evaluation should be your first step in any fitness program. Your level of fitness is assessed in five components: cardiovascular, muscular strength, muscular endurance, flexibility and body composition. A one hour session is \$41. All evaluations are done by appointment.

Instructor: Bilal Konte (BS Kinesiology/Fitness Management) and William Reed (Certified Personal Trainer)

Nutrition Counseling

Can't get rid of that extra weight? Need nutrition assistance for your sports training? Have a medical condition that would benefit from nutrition assistance? Individual nutrition counseling is available for your every need. Expertise in weight loss and management, disease management, sports nutrition, eating disorders, and general wellness. A one-hour session is \$52 or a series of 3 sessions is \$117. All evaluations are done by appointment.

Instructor: Esther White (MS, RD, LD, CSSD)

The Power Package

Join forces with the experts in nutrition and fitness for successful results! Your Power Package includes 2 sessions focused on nutrition with a customized diet plan and 2 sessions focused on fitness with an evaluation and personal exercise plan. The Power Package is \$142 for the 4 sessions. All evaluations are done by appointment.

Instructor: Esther White (MS, RD, LD, CSSD); Bilal Konte (BS Kinesiology/Fitness Management); and William Reed (Certified Personal Trainer)

Energize Exercise

Do you like to exercise in the morning and feel energized all day? Then this is the class for you. You will exercise at your own level of endurance. The class puts emphasis on your arms, abdomen, and legs.

Instructor: Karen Crowley

42010-A MWThF 8:30-9:15 AM 8WKS 3/22 \$28	42010-A	MWThF	8:30-9:15 AM	8WKS	3/22	\$28
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Low Impact Aerobics

Join the fun and trim your buns with a variety of low impact work-outs. Classes are designed to motivate and energize you while building your strength and stamina.

Instructor: Behka Hartmann (Certified fitness instructor)

42040-A	MWF	9:15-10:15 AM	8WKS	3/22	\$36
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NEW CLASS! Cardio Dance Party

There's no better way to get in shape than doing something you enjoy and that is fun! Come dance the night away with great dance formats including ZUMBA, HULA FITNESS and MUCH, MUCH MORE. This class is sure to help tone and tighten — and help you lose those unwanted pounds with a great big smile on your face. Come on, let's party!

Instructor: Behka Hartmann (Certified Fitness Instructor)

42065-A	MW	6:05-7:00 PM	8WKS	3/22	\$36

Fit Mom

Pre-natal and post-natal exercise that helps you maintain your fitness and health while supporting your body through pregnancy and beyond.

Instructor: Esther White (MS, RD, LD, CSSD)

4209	5-A M\	V 12:15-1:00 PA	8WKS	3/24	\$32
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Tri-Cities Promenadors:

Did you know that the Tri-Cities Promenadors offer Square Dance lessons at the Brookside Center on Tuesday nights from 7:30-9:30 PM? **Drop by and give it a try!**

Active Independents

Attention seniors! Are you looking for an exercise class scaled to your fitness level? This is an all-inclusive functional fitness class with focus on the 10 points of fitness.

Instructor: William Reed (Certified Fitness Instructor)

March

41333-C	πн	10:30-11:30 AM	4WKS	3/2	\$25	
April						
42333-A	πн	10:30-11:30 AM	4WKS	4/6	\$25	
May						
42333-В	πн	10:30-11:30 AM	4WKS	5/4	\$25	

Camp HRC

Do you have high blood pressure, Type II Diabetes (adult onset), low back pain (non-traumatic), feel sluggish, and just physically unconditioned? It's time to get in shape! Exercise can prevent, treat, and cure diseases associated with poor diet and sedentary lifestyle. Exercise to increase metabolism, bone density, improve body composition, increase energy levels and more.

Instructor: Bilal Konte (B.S. Kinesiology/Fitness

Management)

March

41998-E	MW	7:15-8:10 PM	4WKS	3/1	\$25
41998-F	πн	5:00-5:55 PM	4WKS	3/2	\$25
April					
42998-A	MW	7:15-8:10 PM	4WKS	4/5	\$25
42998-B	πн	5:00-5:55 PM	4WKS	4/6	\$25
May					
42998-C	MW	7:15-8:10 PM	4WKS	5/3	\$25
42998-D	πн	5:00-5:55 PM	4WKS	5/4	\$25

Bootcamp

New Year means a New You! Come tone and tighten that awesome body of yours with a variety of workouts including core strength, stability ball, weights, step, circuits, interval training and much more. Keep your body energized up and working and let's achieve your goals!

Instructor: Behka Hartmann (Certified Fitness Instructor)

42420-A N	MW 6:35-7:35 AM	8WKS	3/22	\$36
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Crossfit for Adults

This high intensity, total body workout uses functional every day movements to get you exercising. The workout and movements will be scaled to meet your personal fitness level and ability.

Instructor: William Reed (Certified Fitness Instructor, Certified Crossfit Instructor)

March

March						
41005-C	πн	6:00-6:55 PM	4WKS	3/2	\$25	
April						
42005-A	πн	6:00-6:55 PM	4WKS	4/6	\$25	
May						
42005-B	πн	6:00-6:55 PM	4WKS	5/4	\$25	

Slim it Out, Tone it Up

Do you want to be sleek and slim? Join this class for a great mix of strengthening and toning exercises to reinvent your body. You will get a total body workout and focus on your core to create a strong and healthy look. This class will challenge and encourage you to meet your goals!

Instructor: Esther White (MS, RD, LD, CSSD)

Cycle and Core

Challenge yourself with a great combo cardio and strength class. Come prepared to spin, sweat, and strengthen for a total body workout. Bring water, bike shorts or padded seat cover, and determination!

Instructor: Esther White (MS, RD, LD, CSSD)

42300-A	T	5:15-6:35 PM	8WKS	3/23	\$22
42300-B	Т	6:00-7:00 PM	8WKS	3/23	\$20

Spin and Sweat

Join us for the latest in fitness craze: Spinning! Spinning turns the basics of cycling into a great cardio workout. Get ready to work hard and sweat like crazy!

Instructor: Esther White (MS, RD, LD, CSSD)

42444-	TH	5:15-6:15 PM	8WKS	3/25	\$20
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Step Aerobics

Start your Saturday morning energized with step aerobics. There's no experience required!

Instructor: Stacy Saljoughi (Certified Aerobics Instructor)

420)20-A	S	9:05-10:00 AM	8WKS	3/27	\$22
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PIYO

Looking for a change of pace? Piyo is a non-traditional combination of various styles of Pilates and Yoga that encompasses constant movement and flow to improve flexibility, strength, and balance while lowering stress.

Instructor: Stacy Saljoughi (Certified Aerobics Instructor)

42030-A	S	10:05-11:00 AM	8WKS	3/27	\$22

Hurst Hustlers Running Club

Come join runners of all levels and abilities for a running workout. We will accomplish speed, distance, and fun! Perfect way to make friends and meet your running goals!

Instructor: Esther White (MS, RD, LD, CSSD)

42001-A M 6:00-7	7:00 PM 8WKS	3/22	\$30
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Flow and Strength

Come challenge yourself to grow in flexibility, strength, and calmness using yoga and pilates influenced movement to improve your health.

Instructor: Esther White (MS, RD, LD, CSSD)

42060-A M	5:05-6:00 PM	8WKS	3/22	\$30
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Hatha Yoga

Learn more about yourself from the inside out with the tools of yoga. Increase your flexibility, balance, and tone your body. Discover the technique of breath control, centering, and meditation. (Eat nothing two hours prior to class and bring a lap blanket.)

Instructor: Jessica Copeland

42100-A	Т	9:15-10:15 AM	8WKS	3/23	\$32

Instructor: Behka Hartmann

42100-B	F	10:15-11:15 AM	8WKS	3/26	\$32

Intense Yoga

An intense yoga practice focused around adaptations of the Sun Salutation to bring balance to the body and mind through fluid movement. It is recommended that participants have previous yoga experience.

Instructor: Jessica Copeland

42100F	М	11:15-Noon	8WKS	3/22	\$32

Scaravelli Yoga

Relax and renew with Scaravelli-style yoga. This user-friendly style of yoga emphasizes the use of breath and gravity to lengthen the spine allowing yoga poses to unfold naturally and comfortably. (Please bring a blanket to class.)

Instructor: Julie Vela (Certified and registered with Yoga Alliance)

42100-C	М	8:15-9:15 PM	8WKS	3/22	\$28
42100-D	W	8:15-9:15 PM	8WKS	3/24	\$28

Scaravelli Yoga - Intermediate

Are you ready to deepen your yoga practice? Experience steadiness and ease while learning intermediate poses. Please bring a yoga mat and a blanket to class.

Instructor: Julie Vela (Certified and Registered with Yoga Alliance)

42100E W	7:00-8:00 PM	8WKS	3/24	\$28
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NEW CLASS! Basketball Shooting & Drills

You are never too old to improve your game! Do you need some help with your shooting or some extra conditioning? We will work on improving your shooting and will do drills to increase your stamina on the court. (Athletic shoes required)

Instructors: David Gonzales and Loraine Gonzales – 2008 Para Olympian and gold medal winner

42777-A	TH	7:00-8:00 PM	8WKS	3/25	\$24

NEW CLASS! MMA-Mixed Martial Arts 101

Does the UFC intrigue and inspire you? Here's your opportunity to step onto the mat and give it a try. We will cover all aspects of unarmed combat, standing striking techniques, take down and throws, ground work featuring joint locks and chokes.

Instructor: Paul Kearney (3rd degree black belt in Tae Kwon Do, 1st degree black belt in Judo and Aikijujutsu, and a blue belt in Brazilian Jiujitsu)

March

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42555-A	TH	7:00-8:30 PM	4WKS	3/4	\$40					
April:										
42555-B	TH	7:00-8:30 PM	4WKS	4/1	\$40					
May:	May:									
42555-C	TH	7:00-8:30 PM	4WKS	5/6	\$40					

Help Us Help You!

Please enroll early!

Help us keep your favorite classes around by enrolling early. There is a point when classes must be cancelled due to low enrollment. Help us prevent course cancellations by registering early.

ITF - Tae Kwon Do

ITF-Tae Kwon Do is the only original and traditional Korean Tae Kwon Do in D/FW. You will increase your flexibility, physical fitness, self defense, self control, discipline, and stress relief while building self-esteem and concentration.

Instructor: Jonathan Nguyen (member of ITF-Unified and Grandmaster Van Binh)
White belts (5 and up)

22700-A	S	3:00-4:00 PM	8WKS	3/26	\$28			
Colored belts (5 and up)								
22700-В	S	4:00-5:00 PM	8WKS	3/26	\$28			

Olympic Sport of Judo

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a nine-time national medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an ongoing monthly class.

Instructor: Kim Mesa (5th degree Black Belt)

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41800-C	М	7:00-8:30 PM	4WKS	3/1	\$32
	W	7:008:30 PM			
	S	10:05-11:30 AM			

April:

42800-A	М	7:00-8:30 PM	4WKS	4/5	\$32
	W	7:008:30 PM			
	S	10:05-11:30 AM			
M		·			

May:

42800-B	М	7:00-8:30 PM	4WKS	5/3	\$32
	W	7:008:30 PM			
	S	10:05-11:30 AM			

Tai Chi

The Thursday evening class will focus on the basics of Tai Chi. Emphasis will be on relaxation, balance, and making the mind-body connection necessary in Tai Chi. Class will study the movements of the first section of the Yang long form. The Saturday morning class is for advanced students who have a working understanding of the Yang-style 103-movement form.

Instructor: Dan Streeter

March:

march:					
41070-C	TH	7:30-8:45 PM	4WKS	3/4	\$37
	S	9:05-10:30 AM			
April:					
42070-A	TH	7:30-8:45 PM	4WKS	4/8	\$37
	S	9:05-10:30 AM			
May:					
42070-B	TH	7:30-8:45 PM	4WKS	5/6	\$37
	S	9:05-10:30 AM			

Qui Gong/Intro to Tai Chi

In this class we will focus on the benefits of deep-breathing, moving meditation exercises, followed by an introduction to Tai Chi using the Yangstyle 13-movement form. Participants should be able to stand comfortably for the class period, and walking-style shoes are recommended.

Instructor: Dan Streeter

March:

41075-C	WF	9:00-10:00 AM	4WKS	3/3	\$37				
April:									
42075-A	WF	9:00-10:00 AM	4WKS	4/7	\$37				
May:									
42075-B	WF	9:00-10:00 AM	4WKS	5/5	\$37				

Clowning for Fun and Profit

Do you like clowning around? From make-up to making money, you will learn all aspects of clowning. We'll have fun while learning magic, juggling, puppets, comedy, and much more!

Instructor: Andy Anderson

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42190-A	TH	7:00-9:00 PM	8WKS	3/25	\$25

Porcelain Dolls

Learn each step of creating a beautiful and delicate porcelain doll. Brushes and paints will be provided for you to use in class. (Supply list)

Instructor: Micke Kelch

42080-A	TH	10:00-1:00 PM	8WKS	3/25	\$52
42080-B	TH	2:30-5:30 PM	8WKS	3/25	\$52

Brush and Palette

Express your talent through the art of oil painting! Basic strokes, color

mixing, and application will be covered. (Supply list)

Instructor: Elaine Roosz

42110-A	T	9:00-Noon	8WKS	3/23	\$50
42110-B	T	6:30-9:00 PM	8WKS	3/23	\$50

Guitar I

Sing-a-long as you learn basic chords and chord progressions in this beginner class. Students must provide their own guitar (nylon strings preferred).

Instructor: Ray Wallace

Guitar II (All Ages)

Wanting to learn more about playing your guitar? In this class, you will learn music theory, sight reading, and even learn your first solo piece.

Instructor: Ray Wallace

22025-A	T	6:00-7:00 PM	8WKS	3/25	\$30
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Guitar III (All Ages)

Guitar III will help you further the skills you have already learned. You will learn more advanced skills and additional solo pieces of your choice. (The class will be presented in a workshop format.)

Instructor: Ray Wallace

ſ	22023-A	T	7:15-8:15 PM	8WKS	3/23	\$30

Belly Dance Basics

Whether you have been dancing all your life or just starting out in dance, you will enjoy this fun dance class! We will learn the basics of Improv Tribal Style. This is a low-impact dance class suitable for all body types.

Instructor: Brandy Bollin

422	200-A	Т	7:00-8:00 PM	8WKS	3/23	\$45
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Improv Dance Drills

Take your new found belly dance skills and ramp it up a notch or two. We will cover more complex drills and improv combinations, building on what you learned in the Basics class. We will use live music for this class, affording you the opportunity to also learn to use percussion instruments (in the form of zills) to dance.

Instructor: Brandy Bollin

42224-A T	8:00-9:00 PM	8WKS	3/23	\$45
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Take it to the Stage: Advanced Belly Dance

Now that you have perfected your dance skills, you are ready to create a performance. This class will focus on taking your move skills and making it show-worthy by adding props, staging, and interaction with a band. You will also learn to use props such as the veil, skirt, sword, and zills.

Instructor: Brandy Bollin

Belly Dance for the Club Scene

Do you just want to dance and have fun? Maybe learn a few new moves to show off on the dance floor while rocking out to your favorite songs? Then this is the class for you! Learn how to "shake it" like Shakira! No prior dance experience required.

Instructor: Brandy Bollin

42228-	A TH	7:00-8:00 PM	8WKS	3/25	\$45
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Drills and Thrills: Belly Dance

In this fast paced class we will focus on body isolations and muscle memory to develop a strong core. No prior dance experience required. This class will get you moving and make you sweat while having a great time!

Instructor: Brandy Bollin

42225-A TH	8:00-8:45 PM	8WKS	3/25	\$40
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Tribal Evolution

This class covers the unique style of Improv Tribal Style, as taught by TE founder Brandy Bollin. This class is a professional performance level class that will teach you to include props, musical interpretation, musician interaction, staging, and show layout.

Instructor: Brandy Bollin

42226-A	TH	8:45-9:45 PM	8WKS	3/25	\$45

Adult Tap Dance

Come and experience the fun of tap dancing. Regardless of if you've never tapped before or you've been tapping for years, this class has something for everyone. (Tap shoes required.)

Instructor: LaTisha Clay

2111-A T	7:00-8:00 PM	8WKS	3/23	\$30
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Adult Dance Combo

Come get a taste of several styles of dance in one class. As a class, we will choose one style of dance to explore in depth, while we continue to learn more about ballet, tap, jazz, modern, and more. (Ballet and Tap shoes required.)

Instructor: LaTisha Clay

42400-A	Т	8:00-9:30 PM	8WKS	3/23	\$36

Wedding/Party Dance - The Foxtrot

Come and learn the social dance that is danced at most weddings, parties, cruise ships, and "just fun" type gatherings: the Foxtrot! Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person. Couples \$72.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

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42165-A	М	7:30-8:20 PM	4WKS	3/15	\$40
42165-B	W	8:30-9:20 PM	4WKS	4/14	\$40
42165-C	М	7:30-8:20 PM	3WKS	5/10	\$32

Exercise/Workout Latin Style

Enjoy this fun, flirty, playful routine and workout through Cuban motion and syncopated steps. We will move and exercise to Latin style salsa and Cha Cha patterns plus some meringue and then cool down and stretch with the romantic Bolero. Dress comfortably and prepare to sweat and have fun. Men and women both are encouraged. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

421	35-A	М	6:30-7:20 PM	4WKS	3/15	\$40
421	35-B	W	6:30-7:20 PM	4WKS	3/17	\$40
421	35-C	М	6:30-7:20 PM	4WKS	4/12	\$40
421	35-D	W	6:30-7:20 PM	4WKS	4/14	\$40
421	35-E	М	6:30-7:20 PM	3WKS	5/10	\$32
421	35-F	W	6:30-7:20 PM	3WKS	5/12	\$32

Salsa Part I

We will cover all the basics including cross over, right side pass, left side pass, turns, free style, and more! Leading for the men and following for the ladies will be taught. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

42175-A	М	8:30-9:20 PM	4WKS	3/15	\$40
42175-B	М	8:30-9:20 PM	3WKS	5/10	\$32

Intermediate Waltz - Ballroom or Country

We will learn the styling and techniques of the waltz and add style and grace to your dance. Prerequisite: Must know more than just a box step in Waltz. No opentoed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center. Prices are per person. Couples \$54.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

42195-A	W	8:30-9:20 PM	3WKS	5/12	\$32

The Romantic Rumba - Intermediate

The Rumba is the easy going tropical style of dance where you get to move your hips in slow motion as you dance. The Rumba is sultry and has Cuban and Puerto Rican influences. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person. Couples \$72.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

42122-A	М	8:30-9:20 PM	4WKS	4/12	\$40

recreation

West Coast Swing - Part II

Bring your West Coast Swing favorite patterns to share with the class. We will break it down, teach it to the class, and even add to it! To enroll in this class, you must know basics such as baskets, whips, and passes. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person. Couples \$72.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

42160-A	W	7:30-8:20 PM	4WKS	3/17	\$40
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Country & Western:

2-Step/3-Step Beginner

YEEHAW! Come and learn to 2-step/3-step your way across the dance floor. We'll learn basic Texas, old country and western, and the progressive 2-step dances. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center. Prices are per person. Couples \$72.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

42140-A	W	8:30-9:20 PM	4WKS	3/17	\$40

Wedding Party Dance - The Jitter Bug Swing (Triple Time)

The Swing is a great dance to know because it can be danced to most music played at weddings and parties. East coast swing is a triple or single time style of dance with a rock step. Both styles will be taught. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center. Couples \$72.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

42150-A	7:30-8:20 PM	4WKS	4/12	\$40
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Fort Worth Shuffle - Country Dance

If you are going to dance in Fort Worth or Dallas, you have to come learn this dance! The Fort Worth Shuffle is smoother than the 3-step and has its own unique wraps and turns. The Shuffle is really a unique dance style that is somewhat the origins of the Triple Two Step or Progressive Double Two Step. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Couples \$\frac{479}{279}\$

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

42170-A	W	7:30-8:20 PM	4WKS	4/14	\$40

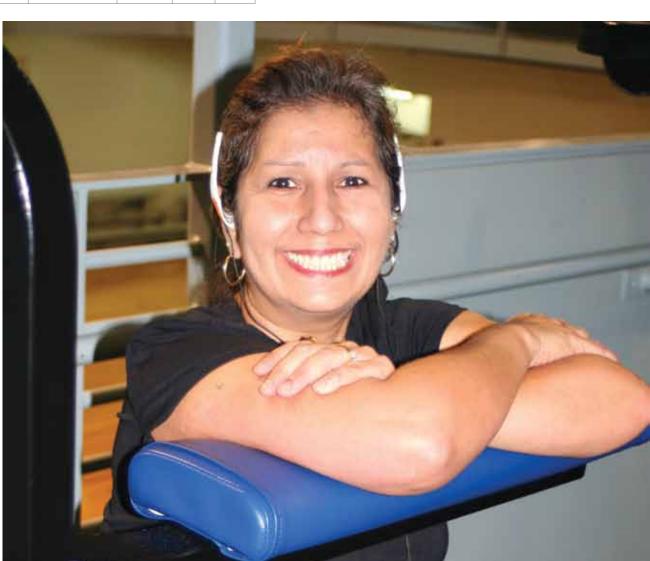
Bachata

Come learn another Latin social dance that is kin to the Salsa and Cha Cha. Bachata consists of side-to-side as well as back-and-forth movements to 4/4 time music. If you go Salsa dancing, then come and learn the Bachata. It's fun, flirty, and easy to do. Easy steps and relaxed frames, turns, and raps are taught in the lesson. Come learn and enjoy the dance of fiestas and parties of the Latin community. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center. Couples \$54.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

42180-A W	7:30-8:20 PM	3WKS	5/12	\$32	
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Hurst Aquatics Learn to Swim Program

Registration:

Hurst Residents: May 3 Non-Hurst Residents: May 10

Learn-to-Swim Session Dates:

Session I: June 7-18Session II: June 21- July 2Session III: July 5-16Session IV: July 19-30Session V: August 2-13

Summer Employment

Now accepting applications for 2010 seasonal positions

Positions include: Lifeguard, Cashier, Water Safety Instructor, and Pool Maintenance Attendant.

Positions may be available at both aquatics centers. Applications are available at the Hurst City Hall (1505 Precinct Line Road) or the City of Hurst website, www.ci.hurst.tx.us

If you need certification as a Lifeguard or Water Safety Instructor, we will refer you to an upcoming course in the area.

Facility and Pavilion Rentals:

Hurst Residents may begin making Aquatics Center pavilion and facility rentals on March 29. Nonresident may make pavilion reservations beginning on April 26.

Group Reservation Policy:

A "Group" is defined as any person or entity, commercial or non-profit, who provides structured child care and/or activities. All "Groups" meeting this criteria are required to make a reservation, in person, at the Recreation Division administrative office, 700 Mary Drive, at least seven calendar days in advance of the desired date of their visit. "Groups" must comply with all components of the City of Hurst Group Reservation Policies.



recreation

Summer Adult Softball League Registration

Returning Teams:

(Teams that played in Hurst in 2009 and 2010)

May 3 – 4, Monday, 8:00 AM-5:00 PM and Tuesday, 8:00 AM-6:00 PM Hurst Recreation Center (700 Mary Drive)

Open Registration:

Monday thru Friday, May 5 – May 21 Monday, Wednesday, and Friday from 8:00 AM-5:00 PM and Tuesday and Thursday from 8:00 AM-6:00 PM Hurst Recreation Center (700 Mary Drive)

Entry Fee:

\$325 for a 10 game season (with no City Playoffs)

League Nights:

Monday - Friday

League Schedules:

Available May 26

Season Begins:

Tuesday, June 1

Spring Adult Basketball League Registration

Registration:

Monday thru Friday, March 15 – 26 Monday, Wednesday, and Friday from 8:00 AM-5:00 PM and Tuesday and Thursday from 8:00 AM – 6:00 PM Hurst Recreation Center (700 Mary Drive)

Entry Fee:

\$265 for a 7 game season (With Playoffs for teams who qualify)

League Nights:

Tuesday

League Schedules:

Available March 30

Season Begins:

Tuesday, April 6

For more information, call 817.788.7320.

Youth Sports Associations:

Mid-Cities Premier Fastpitch Assn. 817.209.5409 www.eteamz.com/hurstgsl xtremesoftball94@yahoo.com Mid-Cities Basketball Assn. (MCBA) 817.354.6208 www.midcitiesbasketball.org

Mid-Cities PeeWee Football & Cheerleading Assn.
817.282.2390
www.midcitiespeeweefootball.org

Tri-Cities Baseball Assn. (TCBA) 817.285.0200 www.tcbaseball.com

Hurst United Soccer Assn. (HUSA) 817.282.8680 www.hurstunitedsoccer.com



Junior Tennis

"Home of the Team Hurst Junior Development Program"

Pee Wee Tennis (Ages 6 & under)

Introduction to the game of tennis. Emphasis is placed on motor skills in a fun learning environment. Kids will learn basic strokes and play lots of fun games.

Instructor: Brian Combest, USPTA, and Staff

Times: 4:45 PM - 5:30 PM	Days: Thursday	Price: \$36
82601-A	Begins 3/4	4 WKS
82601-B	Begins 4/8	4 WKS
82601-C	Begins 5/6	4 WKS

Jr. Beginner Tennis (Ages 7 & up)

A fun class for beginners. Learn the forehand, backhand, serve and volley. Kids will play plenty of fun games.

Instructor: Brian Combest, USPTA, and Staff

Times: 5:30 PM - 7:00 PM	Days: Thursday	Price: \$64
82502-A	Begins 3/4	4 WKS
82502-B	Begins 4/8	4 WKS
82502-C	Begins 5/6	4 WKS

Advanced Beginner/Intermediate

For Junior High players getting ready for the next step toward playing Varsity tennis. Singles and doubles strategy and plenty of drills, techniques, and tactics. Ages 11 and up.

Instructor: Bryan Combest, USPTA, and Staff

Times: 5:30 PM - 7:00 PM	Days: Tuesday	Price: \$64
82504-A	Begins 3/2	4 WKS
82504-B	Begins 4/6	4 WKS
82504-C	Begins 5/4	4 WKS

High School Drill Class (Ages 14 and up)

For High School players looking to improve their overall game. Singles and doubles, techniques, and tactics.

Instructor: Dustin Tankersley, USPTA, and Staff

Times: 7:00 PM - 8:30 PM	Days: Thursday	Price: \$64
84507-A	Begins 3/4	4 WKS
84507-B	Begins 4/6	4 WKS
84507-C	Begins 5/4	4 WKS

Attention Tennis Players!

Those looking for a steady practice partner can rent the Hurst Tennis Center's Prince ball machine. It's available for rent seven days a week. The cost is \$10 per hour or \$6 for 30 minutes (tennis balls included). Due to court availability, please reserve the ball machine at least three days in advance.

recreation

Adult Programs

Adult Beginner/Advanced Beginner Clinic

Just for adults! Learn basic strokes, scoring and strategy. Bring one can of new balls to first class.

Instructor: Kelly Langdon, USPTA, and Staff

Times: 7:00 PM - 8:30 PM	Days: Tuesday	Price: \$64
82505-A	Begins 3/2	4 WKS
82505-B	Begins 4/6	4 WKS
82505-C	Begins 5/4	4 WKS

Adult Intermediate Clinic

This class is for adults who want to build on existing skills. You'll practice all shots and learn techniques and tactics.

Instructor: Kelly Langdon, USPTA, and Staff

Times: 7:00 PM - 8:30 PM	Days: Tuesday	Price: \$64
82506-A	Begins 3/2	4 WKS
82506-В	Begins 4/6	4 WKS
82506-C	Begins 5/4	4 WKS

Men's Open 4.0 Clinic

Meets each Thursday for men rated 4.0 or higher. Learn techniques and strategy. Must register three days in advance. Minimum of four participants.

Instructor: Kelly Langdon, USPTA, and Staff

Times: 7:00 PM - 8:30 PM	Days: Thursday	Price: \$12
88444-A	Begins 3/2	(WEEKLY)

Do you want to practice your serve or hit a few with a friend?

CALL 817.788.7330

for a court reservation.

Spring/Summer Operating Hours:

Mon. – Thurs. 8:00 AM – 10:00 PM

Friday

Sat. & Sun. 8:00 AM – 7:00 PM

Tennis Center Coordinator – Mike Campo, USPTA **Tennis Specialist** – Kelly Langdon, USPTA

Tennis Attendants – Corey Doss, Steven Lu, Mark Hargrove and Charlie Crosswait, Jared Jordan

Tennis Instructors – Jason Brown, USPTA, Greg Smith, Sam Elliott, USPTA, Bryan Combest, USPTA and Dustin Tankersley, USPTA

Please bring one can of new, unopened, tennis balls to your first day of class.

How about a Private Lesson?

The HTC Staff offers private lessons for those wanting more one-on-one accelerated learning.

Lessons with Hurst Tennis Specialist or Tennis Center Coordinator:

Kelly Langdon, USPTA, or Tennis Center Coordinator, Mike Campo, USPTA

\$50 per hour \$26 per half hour \$172 per series of 4 lessons

Lessons with Tennis Instructors:

Sam Elliott, USPTA, Greg Smith, Brian Combest, USPTA, Jason Brown, USPTA, and Dustin Tankersley, USPTA

\$49 per hour \$25 per half hour \$172 per series of 4 lessons

The Tennis Center Staff also offers:

Private and group lessons. \$80 for 90 minute group lessons for league teams.

Services and Facilities:

- Lessons for all ages and abilities
- 10 lighted outdoor courts
- USRSA Racquet Stringers
- Prince Ball Machine
- USPTA Certified Instructors Available
- USTA Adult Leagues

Court Fees

(90 minutes)
\$1 Hurst Residents
(with proof of Hurst residency)
\$2 Non-Residents

Racquet Stringing

The Tennis Center has a large choice of string and accessories for your racquet needs. We offer 24-hour turn around service and have three United States Racquet Stringer's Association stringers on staff.

Upcoming Tournaments

Mid-Cities Junior Circuit – TBA USTA "Hurst Open" Junior – June 12-13

> Spring Adult Leagues begin

April 5

must register by
March 22
cost is
\$25/person

Registration Easy-Options!

Walk-in registration beginning on Monday, February 15, is open only to those participants who are Hurst residents. Participants who reside in Fort Worth, North Richland Hills, and Euless, whose mail is delivered to a Hurst "address," are not eligible to register until February 22 at 7:00 AM. Residency is defined by: living within the Hurst city limits, receiving a water bill from the City of Hurst and paying property taxes to the City of Hurst. Out of fairness to all citizens of our community, you may only register the members of your household.

Classes begin the week of March 22. (Unless otherwise indicated.)

Walk-In Class Registration Times

(after initial registration days)

Monday-Thursday 7:00 AM-9:00 PM Saturday 9:30 AM-5:00 PM Friday 7:00 AM-5:00 PM Sunday 1:30 PM-5:00 PM



Hurst Residents:

Mail-in (check or credit card payment), fax (credit card payment), online (credit card payment), and walk-in (cash, check or credit card payment) registration for Recreation Classes begins February 15 at 7:00 AM.

Non-Residents:

Fax (credit card payment), online (credit card payment), and walk-in (cash, check or credit card payment) registration for Recreation Classes begin February 22 at 7:00 AM.

Sign up to Register Online:

That's right, you can save time and register your entire family on-line! To get started, you will need to visit the Hurst Recreation Center to activate your account. If you are a Hurst resident, you will need to bring your **Hurst Water Bill, Hurst property tax statement, or Hurst apartment lease, and your photo ID** as proof of Hurst residency to receive the Hurst resident rates. Once you have activated your account and received your user name and password, you will be able to use our on-line registration feature.

You do not have to wait until your appropriate registration date to activate your account and receive your user name and password. Go ahead and do it the next time you are at the Recreation Center for your current class or working out. Then you will be ready to register on-line the day registration starts!

Confirmation:

When you register by mail-in or fax, you will receive a confirmation notice through the postal mail. You will be notified if the designated classes are not available. If the class is not available, you may select a second choice. If you register on-line, you may print a copy of your receipt.

Supply List and Fees:

Some of our classes require a supply list. These classes are noted in the brochure. You will receive a supply list when you register. For those mailed, a list will be included with your confirmation letter. Supplies should not be purchased prior to the Friday before the class starts in case of cancellation.

Refund Policy:

When you sign up for one of our classes, we depend on your participation for a successful class. If you have an unforeseen circumstance and cannot attend your class, we will gladly refund your fee with 72 hours notice prior to the class start date. Thank you for your cooperation.

Weather Policy:

In case of inclement weather, the Hurst Recreation Center will not conduct any classes if the H-E-B Independent School District cancels their classes for the day.

Parks and Recreation Board

Recreation Staff

Chairman: Alan Neace Vice Chairman: Pat King Carol Cole Ralph Hurd Howard Shotwell Hank Williams

Delbert Derrett Rod Robertson Estelle Teague Recreation Director: Doug Kratz
Recreation Managers: Kim Mesa, Doug McDaniel,
and Chris Watson
Recreation Center Supervisor: Mary Singleton
Recreation Specialist: Kendall Thorntorn
Senior Secretary: Jeanne Coons

Spring 2010 Class Registration Form

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Head of Household	Home Phone	Work Phone	E-mail Address	
Street Address	Apt#	City	State/Zip	

Participant's Name	Date of Birth	Gender	Class #	Fee
1.				
2.				
3.				
4.				
5.				
			Sub-Total	\$
Non-Resident Fee of \$2 per class	(# of classes) x \$2	= \$	+ Sub-Total of \$ =	Total Due \$

Payment	Met	hod:
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Check # **Credit Card** Cash/Money









Order

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Discover American Express

Expiration Date

month year

For the valuable consideration of being allowed to participate in the City of Hurst Parks and Recreation Department's program or use the City's facilities or equipment, I recognize and acknowledge the risk of physical injury and agree to assume the full risk of any injuries, including death or damages, that may result from any injury sustained while participating in activities related to the program or from using the City's facilities or equipment. I DO FULLY RELEASE, INDEMNIFY, AND HOLD HARMLESS, THE CITY, ITS EMPLOYEES AND OFFICERS FROM THEIR OWN NEGLIGENCE FOR FAILURE TO PROPERLY DESIGN, INSPECT, OR MAINTAIN THE EQUIPMENT, OR SUPERVISE THE ACTIVITIES TO BE ENGAGED IN OR EQUIPMENT TO BE USED BY THE UNDERSIGNED AND FOR ANY ACTS OF THIRD PARTIES. The City does not provide any medical or other insurance protection or benefits for those who use the recreational equipment or engage in activities on City Premises.

BY SIGNING THIS RELEASE, I ACCEPT ALL RESPONSIBILITY FOR INJURIES WHICH MAY BE INCURRED.

SIGNATURE OF PARTICIPANT/USER

SIGNATURE OF PARENT/GUARDIAN IF USER IS UNDER 18

Checks Payable to: City of Hurst

Mail to:

Hurst Parks and Recreation

Class Registration 700 Mary Drive Hurst, Texas 76053

> Fax to: 817-282-7081



















Parks

ECHO HILLS PARK

500 Heneretta (7.1 Acres)

- Pavilion
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

2 HURST ATHLETIC COMPLEX

2104 Precinct Line Road (42.2 Acres)

- 4 Adult Softball Fields (Lighted)
- 6 Youth Soccer Fields (Lighted)
- 4 Youth Soccer Fields (Unlighted)
- Playground
- 3 Group Shelters
- 2 Concession/Restroom Buildings

3 CHISHOLM PARK

2200 Norwood (50 Acres)

- Aquatics Center
- 4 Youth Softball Fields (Lighted)
- 2 Playgrounds
- 3 Pavilions
- Pond with Fishing Island
- Picnic Tables
- Jogging/Walking Trail System (1.5 miles)
- Fitness Course
- Group Shelter
- Concession/Restroom Building
- 2 Basketball Courts (Lighted)
- 4 Pet Water Fountains

4 SMITH-BARFIELD PARK

640 Pleasantview (6.9 Acres)

- Youth Baseball/Softball Field (Lighted)
- 2 Tennis Courts (Lighted)
- Youth Athletic Practice Field (Unlighted)
- Playground
- Pavilion
- Picnic Tables
- Restrooms
- 2 Pet Water Fountains

5 MAYFAIR PARK

1725 Norwood (14.4 Acres)

• Youth Athletic Practice Fields (Unlighted)

6 WINDMILL PARK

840 Cheryl (2 Acres)

• Historical Marker

7 VALENTINE PARK

610 Bedford Court West (4 Acres)

 Youth Athletic Practice Field (Unlighted)

8 HURST HILLS PARK

575 Billie Ruth (4 Acres)

9 HURST COMMUNITY PARK

601 Precinct Line Road (44.9 Acres)

- 4 Youth Baseball Fields (Lighted)
- 2 Youth Soccer Fields (Lighted)
- 2 Sand Volleyball Courts (Lighted)
- Pavilion
- 2 Playgrounds
- Multi-Use Trail System (1 mile)
- Picnic Tables
- Wooded Natural Area
- Open Field Play Area
- Concession/Restroom Building
- 2 Group Shelters
- 2 Pet Water Fountains

IO CENTRAL PARK

700 block of Mary Drive (17.5 Acres)

- Recreation Center
- Aquatics Center
- Tennis Center (10 Lighted Courts)
- 2 Pavilions
- Playground
- Picnic Tables
- 2 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

VIVAGENE COPELAND PARK

501 Pecan Drive (5.2 Acres)

- Pavilion
- Playground
- Multi-Use Trail System (1/3 mile)
- Open Field Play Area
- 3 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

12 JAYCEE BAKER PARK

500 Belmont (4.1 Acres)

- Playground
- Picnic Tables
- Restrooms
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

13 BILLY CREEK PARK

14 REDBUD PARK

525 Redbud Drive (7.2 Acres)

- Soccer Field (Unlighted)
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Fitness Course
- Pavilion
- Pet Water Fountain

15 BELLAIRE PARK

500 Pecan Drive (6.4 Acres)

- Playground
- Youth Baseball/Softball Field (Lighted)
- Jogging/Walking Trail System (1/3 mile)
- Pet Water Fountain

16 WAN-KA-KANI PARK

748 Shadylane (4.1 Acres)

• Picnic Tables

17 RICKEL PARK

1001 Bluebonnet (29 Acres)

- 2 Pavilions
- Picnic Tables
- Nature Trails
- Scenic Overlook
- Winding Stream with 2 Bridges
- Jogging/Walking Trail System (1/2 mile)
- 2 Pet Water Fountains
- Playground

Facilities

A BROOKSIDE CENTER

B HURST LIBRARY

Park Pavilions

listed are available for rental for \$35 per day (effective Jan 2).

If electrical power is needed during the rental, a \$50 REFUNDABLE electrical key deposit is due at the time of reservation.

For more information, call **817.788.7320**



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Hurst Postal Customer